



R E D E P L O Y M E N T
R E A D J U S T M E N T
R E U N I O N



Some important factors for your consideration:

***READJUSTMENT**

***TIME**

***COMMUNICATION**

***RESPONSES**

***EXPECTATIONS**

***ROMANCE**

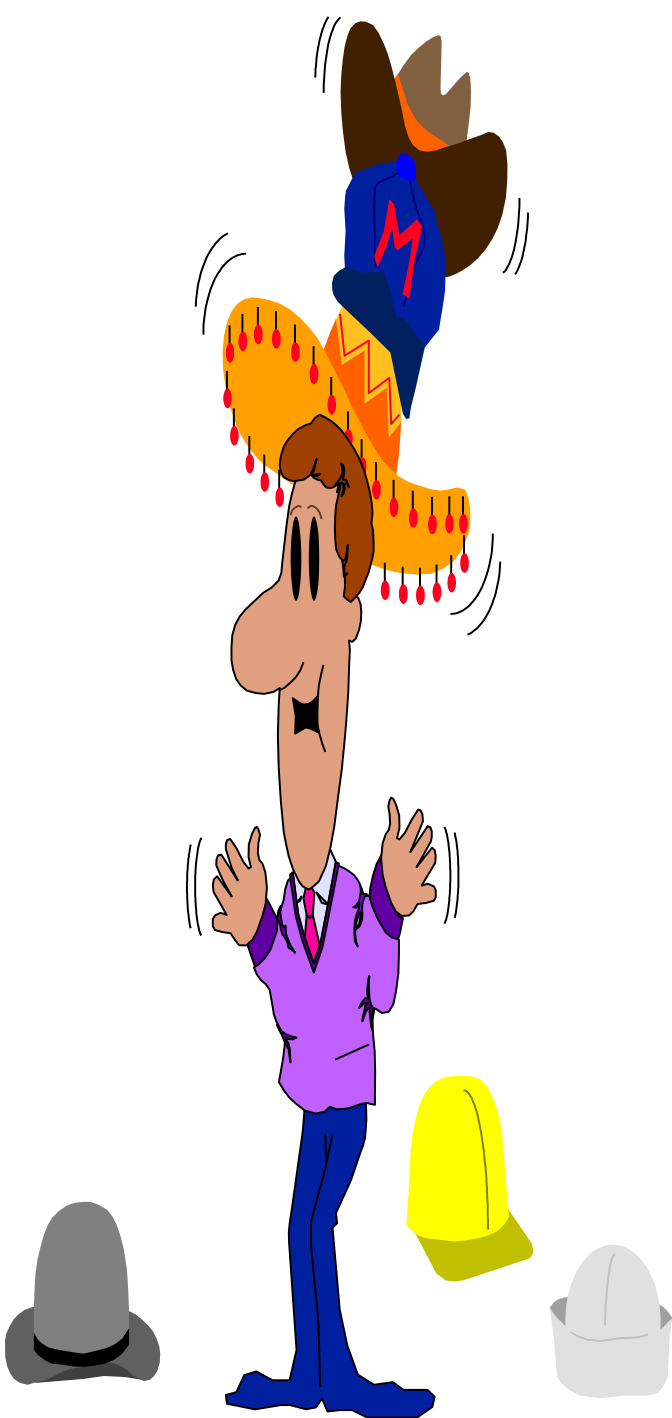
***OLD and NEW PROBLEMS**

READJUSTMENT TO YOUR ***SPOUSE***

(some things she may be thinking:)



- How much has my spouse changed?
- Have I made good decisions about our money?
- Did I do OK with the kids?
- Will I have to stop seeing my friends so much?
- Will we still have things to talk about?



READJUSTMENT TO YOUR ***C H I L D R E N .*** (questions children usually ask)

- Will Dad come to meet my teacher?
- Will I get punish because I was not nice sometimes?
- Will the rules change at home now Dad is back?
- How long will dad stay this time



THE **SOLDIER'S** READJUSTMENT TO THE FAMILY.
(QUESTIONS USUALLY CONSIDERED.)

- Will my family still need me?
- Will the kids recognize me?
- How did things go while I was gone?
- Will they be happy to see me?

HOW LONG??

SEPARATION!!!

****A WEEK***

****A MONTH***

****A YEAR***

REUNION

****A WEEK***

****A MONTH***

****A YEAR***

BOTTOM LINE: IT TAKES TIME

**A MUST FOR READJUSTMENT
AND REUNION...**

“COMMUNICATION”

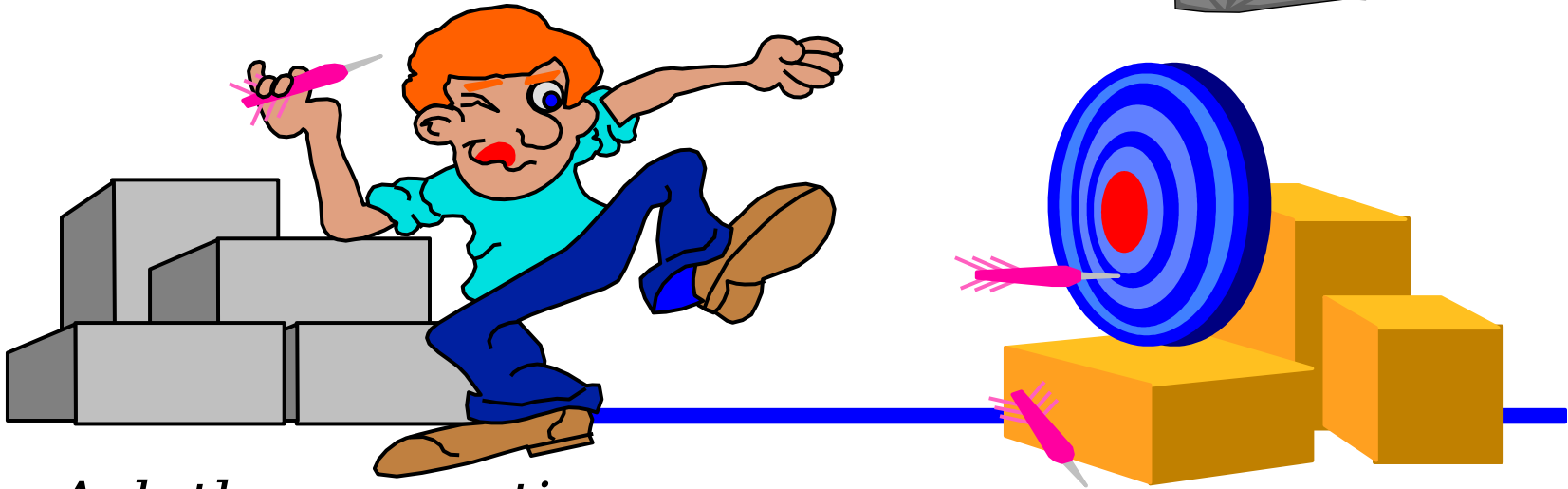
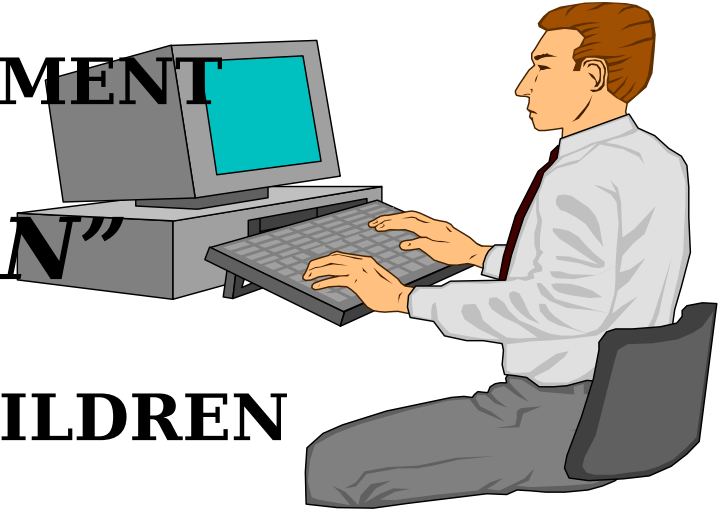


Communicate with your **SPOUSE**.

- Talk about your experience.*
- Express your feelings.*
- Ask about her experience.*
- Commend her for a job well done.*
- Keep initial communication positive.*
- Handle difficult issues carefully.*
- Visit good friends later.*
- Be excited about coming home.*

A MUST FOR READJUSTMENT AND REUNION... “**COMMUNICATION**”

Communicate with your **CHILDREN**



- Ask them questions.
- Help them express their feelings.
- Help them to be realistic about reunion
- Get involved in their world
- Bring them something special (if possible)

ANOTHER MUST FOR REUNION...

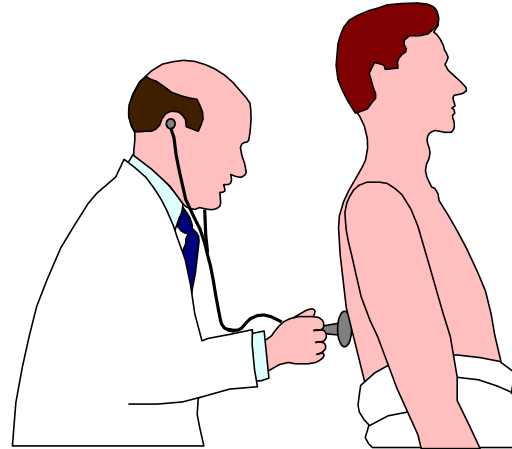
“REALISTIC ROMANTIC EXPECTATION”



It's nice to be romantic, but don't do more than is possible. REMEMBER

- **People change**
 - **Spouses may not be exactly as remembered.**
 - **Communication may be difficult at first.**
 - **It takes a while for people to know each other again.**
 - **Be patient**
 - **Be realistic**
 - **It will all work out in time.**
- (no need for the crystal ball, in my help.)*

REMEMBER!! OLD PROBLEMS DON'T DISAPPEAR



- Separation don't usually solve problems.
- Concern about: family communication, schoolwork, and household habits, they don't disappear automatically.
- There may even be new ones.



REUNION

TIPS

“SFC TAPA”

R E U N I O

“S”

Make it ***SPECIAL***

“F”

Be **FLEXIBLE**

“C”

Stay **CONFIDENT**



R E U N I

“O”

N Make **QUALITY**

TIME

“A”

ADJUST

GRADUALLY

“P”

Be **PATIENT**

“A”

Have a variety of
ACTIVITIES





***WHEN YOU ARRIVE
BACK
HOME, BE PATIENT
AND***

EXPECT SOME

DIFFICULTIES

• **CHANGE IT IF IT HAS BEEN WORKING WE**

• **WHIP THINGS INTO SHAPE, GO EASY ON
DISCIPLINE.**

• **BE SURPRISE IF OTHERS ARE A LITTLE
RESENTFUL.**

• **NEGLECT ANYONE IN THE FAMILY.**



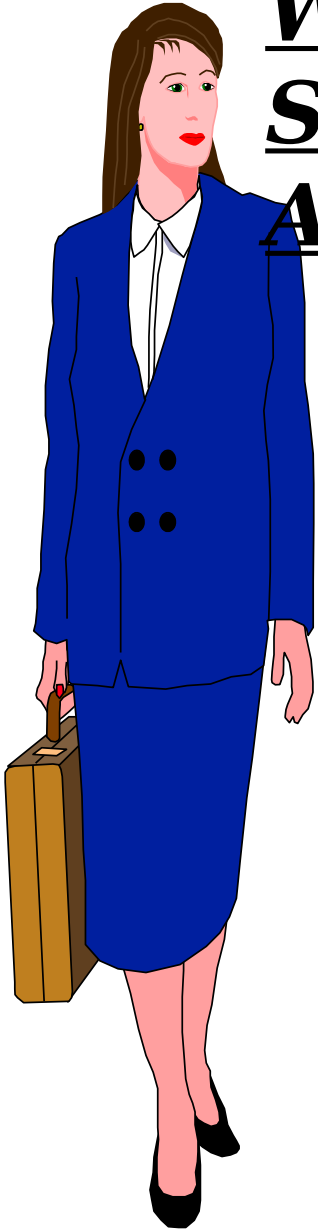
***WHEN YOU ARRIVE
BACK
HOME, BE PATIENT
AND
EXPECT SOME
DIFFICULTIES***

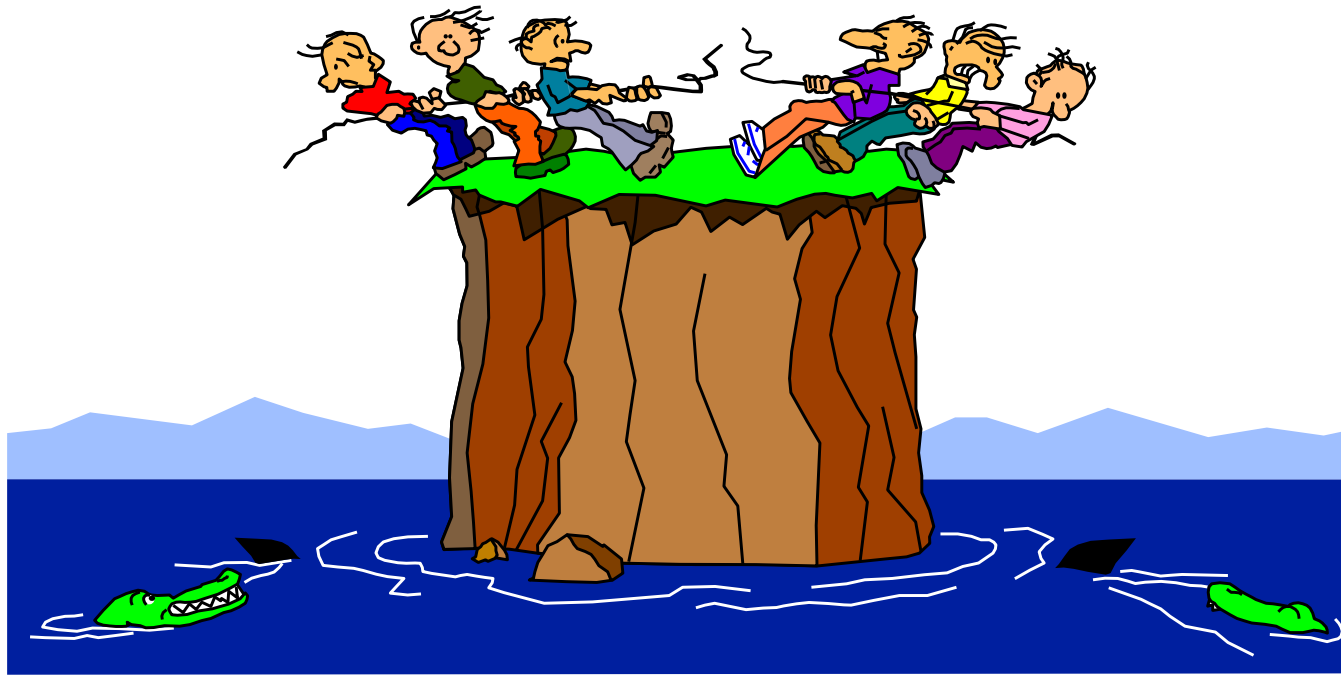
- GET ANGRY IF THERE IS SEXUAL TENSION
- FORGET TO SUPPORT POSITIVE CHANGES
- SPEND BEFORE COUNTING THE COST.
- COMMAND BUT COMMUNICATE

DON'T!!

**WHEN YOU AND YOUR
SPOUSE
ARE REUNITED:**

- ***AVOID TIGHT SCHEDULES.***
- ***UNDERSTAND EACH OTHER'S DISCOMFORT.***
- ***STICK TO YOUR BUDGET.***
- ***EXPECT UNUSUAL FEELINGS.***
- ***ALLOW TIME TO READJUST***





YOU CAN MAKE REUNION EASY FOR KIDS IF

- ***GIVE THEM TIME TOO.***
- ***EXPECT THEM TO TEST LIMITS.***
- ***PLAN FAMILY TIME.***
- ***PLAN INDIVIDUAL TIME FOR EACH CHILD.***
- ***GET INVOLVED WITH SCHOOL ACTIVITIES
OTHER INTEREST.***



REUNION... REBUILDING TIME.

- ***HAVE REASONABLE
EXPECTATIONS.***

- ***TAKE TIME TO
ADJUST***

